

THE CENTRE POST

December 2019 Issue 57

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Pineo's Pet Spaw & A Dog's Day Inn

by Gail Salmon

Amy Pineo is the owner and operator of Pineo's Pet Spaw & A Dog's Day Inn. Amy knew early in her life that she wanted to work with animals and, after high school, she moved to Ontario to gain the education and accreditation required to become a licensed pet groomer. She has sixteen years of experience in grooming services. She started her practice renting the second floor of a store in Port Williams. Pineo's Pet Spaw moved to Centreville over eight years ago, with grooming, daycare, and boarding services. Amy is passionate about a natural approach to your dog's health and the safety and wellbeing of your fur baby, and enjoys all things dog!

Pineo's has seven employees, some of whom work part-time, and have a large clientele. Two of their employees took the high school co-op program and were hired after graduation. Amy is on maternity leave with her new baby boy, so I sat down to talk to Ashley Wile. Amy is their certified cat groomer, so the Spaw cannot accommodate clients with cat grooming until she returns. Ashley has worked at Pineo's for four years, and it is obvious that she thoroughly enjoys her job. She discussed all that is offered at Pineo's and the benefits of their natural products and raw food for dogs.

Their dog food lines are high-standard 'real' foods with no fillers or preservatives, to promote the best health for their customers' pets. The food is purchased from reputable, high-standard companies, including Greendog Real Foods and Wild Mountain Farm in Canning. Adored Beast, another supplier, makes all-natural, environmentally-safe treats and supplements, like probiotics and phytoplankton, to aid in your pet's optimum health. If you would like information about how much raw food your dog may need, you can drop in for a raw calculation concerning the nutrients your pet requires, and handouts about the foods. They do not carry cat food products but can order them.

All of their grooming products are high grade and natural, and the cleansers are environmentally safe. They purchase all-natural merchandise, from



grooming products to shampoo, and tick and flea products for your furry friends.

Pineo's offers a 'drop-in' nails service on Tuesdays and Thursdays from 9:00 a.m. to 4:00 pm. Pet daycare is offered Monday through Friday. During the daycare visits, dogs get outdoor and indoor play and can play with other dogs if they are compatible. You can set up a trial visit to see if your pet likes to play with others. Pineo's offers overnight and extended boarding if space is available. They also will help out in emergencies.

Amy believes that investing in education is important for her and her employees. Being educated in the most current pet care technology, from grooming to the best nutrition and other health aids, benefits their two- and four-legged customers. There are plans to make renovations on the outside and inside yards, and they are working with investors to do seasonal yard upgrades. I have heard from friends who have praised their professionalism and care with their pets.

con't p.3

*The Centre Post is published four times
a year:*

September, December, March and June.

*The deadline for news items, etc., is the 1st day
of these months, with the newsletter at the
outlets by the 21st. It is always good to get your
information in before the deadline.*

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Editor's Note

It's hard to believe it's that time of the year again! It really is true that the older you get, the faster the time goes. Already there has been a school storm day, despite the lack of snow to date.

HELP WANTED! We regret to say that Suzanne, who produced this newsletter single-handedly for many years, is semi-retiring. She has decided to give up composing the paper, a task she and I and Elisha Harper have alternated doing for several years. She will remain the Centrepast Lady and, as such, the main contact for information and submissions. This leaves us without a back-up person to compile the paper.

We encourage anyone who is interested in contributing material or becoming involved in the production of the newsletter to contact Suzanne.

centrepastlady@hotmail.com

Thank you to our contributors, who make the *Centre Post* worthwhile, and to our advertisers who make it possible.
Anne-Marie Waterbury

Dates to Remember...

Dec 22.....	First Day of Winter
Jan 18.....	Big Breakfast, 7—10 am
Jan 22.....	CDCDA Meets 7 pm
Jan 15.....	Park Association Meets 7:30 pm
Feb 15.....	Big Breakfast, 7—10 am
Feb 19.....	Park Association Meets 7:30 pm
Feb 26	CDCDA Meets 7 pm
March 21.....	Big Breakfast 7—10 am

**To view scheduled
events, see the calendar
on the website.**



In case of emergency,
Automated External Defibrillators
(AEDs)
are located inside the main
entrances of the
Centreville Community Hall and
Centreville Baptist Church

Pineo's - con't from p.1

Pineo's won the Readers Choice Awards for Best Kennel Boarders in November of this year, and it is obvious why when you see the positive interaction of the staff with all the animals. As I look down at the counter, I am not surprised to read:

*Impressed with Your Dog or Cat's Groom?
Enjoy Aspects of Your Service?
Appreciate Time Spent with Your Fur Baby?
Enjoy your Dog Coming Home Happy and Tired?
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Grow Skills without Feedback and Criticism.
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Ruminations of a Walker

by Sylvia Gard

I am submitting this writing for the winter issue, a season of low temperatures. Perhaps this story about relief from the heat will help us walk through the cold.

Meeting Cecil

Preparing to walk the Pictou to Pugwash Camino* in 2017, I set out one Sunday morning on a practice walk from Centreville to Hall's Harbour and return. For those who do not know the area, there is an uphill portion (locally referred to as the mountain) on the way to Hall's Harbour.

The day is very hot and very sunny. Even though I start out early, by 10 a.m. I am feeling the heat. Soon, I come to Hall's Harbour Baptist Church. Oh, I think, it would be so pleasant to sit in the coolness of a sanctuary for just a little while.

Cars in the parking lot. Hm...I approach the church sign. Oh, the service started at 10; it is now 10:20. Such a tiny church, impossible to slip in unnoticed and sit in the back pew. In fact, I can hear the voices of the congregants as I contemplate the situation. Is my need for respite from the sun and heat great enough to disturb the worship service of the others? Dither. Dither.

I turn away.

Simultaneously, a door opens, a voice calls to me. I turn. "Hello. I'm Cecil. The pastor noticed you here. He asked me to invite you in. Would you like to come in?"

What would you do?

Amidst confusion, embarrassment, and relief, I step into this sanctuary—just in time to add my gratitude to this portion of the service. As I mingle with people afterwards, I learn that my unexpected presence is not an intrusion, but rather an opportunity to welcome the unknown. Greetings, welcomes, and curiosity envelop me.

I continue on my way on my practice walk, refreshed and somehow larger.

As some of you already know, the story of Cecil plays with me throughout the Camino as I walk from Pictou to Pugwash the following week. I lean in again and again for the whisperings of the heart. I keep listening. An urgency emerges, an urgency to return to these people once again to somehow explain how significant for me is their opening door and the invitation to enter.

And so I decide to return to their next monthly service.

Only as I am walking that hill for the second time does the awareness surface that I cover up my need for rest and sanctuary. I realize the degree to which I go to rationalize this need. Even as these thoughts come, I sense a need for help in climbing this hill—and a sudden awareness that the Department of Caminos (Highways) has recently completed a brush clearance. I climb into the ditch to retrieve a walking stick.

Arriving for the service in good time, I attempt to express the significance of my first visit and my gratitude for their living the teachings of an open door and welcome.

Cecil, of course, is there. Were you beginning to wonder if he is being forgotten?

On this day, I discover his name is not Cecil. Though his name does have two syllables. I wonder why my memory changed his name, especially since I remember so clearly his message.

I have conversations with myself rather often. Sometimes they are bits of rehash, sometimes playful, sometimes ponderings. Sometimes they are a life lesson. When it is a life lesson being delivered/received, I am called 'Syl'.

So...See Syl, today is a big lesson. Learn it well. It will shape this camino. And it will shape all of life's camino.

**Spanish for road/path/journey, often associated with a pilgrimage.*



This photo was taken by the pastor's wife, Linda Schreve, on my return visit in July 2017.



The Charles Macdonald House

Conundrum

by

Fred Macdonald

The Charles Macdonald House of Centreville Society has had a good run. The Society was formed in 1997 by a group of interested citizens keen to preserve and celebrate the lifeworks of Charles and Mabel Macdonald. The grand opening was held at the Concrete House in Centreville and featured the Lieutenant Governor and dignitaries from far and wide.

In the early years, the Art Gallery of Nova Scotia, which had mounted an exhibit of Charlie and Mabel's work in the 1980s, was very supportive, offering help with fundraising activities that raised the society's visibility considerably. There were golf tournaments, antique shows, the yearly Captain's Dinner, and silent auctions. They were busy times.

But that's all changed. Interest in the society has waned, and there are only four tired board members remaining.

On the bright side, the society is asset rich, with the Blue Cottage and beachfront property at Huntington Point on the Bay of Fundy, the original Concrete House in Centreville, and a substantial repatriated collection of the works of Charles and Mabel Macdonald: paintings, watercolours, photographs, sculptures, and more. For 22 years, the society has employed summer students to tour the public through Charlie and Mabel's legacy and the exhibits of works by local Valley artists. We've become an attraction on the route to one of the province's busiest attractions – Hall's Harbour. The sad part is that there is neither expertise nor energy to properly insert the Charles Macdonald Concrete House into the North Kings tourism mix.

The society is a long-standing member of the Association of Nova Scotia Museums. It receives a modest grant from Nova Scotia's Department of Heritage and Culture. We understand that the province's funding rational is currently being reviewed, and allotments will now be determined by a new evaluation system. We don't know what it means for the future.

Our current fundraising effort consists of providing holidays at the Blue Cottage. Through it, we've been able to retire the loan on the cottage and property at Huntington Point, though we still owe on the Concrete House in Centreville.

Recently, due to a request from our insurance company, we had the Concrete House roof inspected. It's been determined that the roof needs repair. We are currently seeking quotes for that work and, needless to say, it exerts pressures we hadn't prepared for.

This all begs big questions.

- * Is there local interest to rebuild the society and make it more community-based?
- * Is there local expertise to employ our not-so-insignificant assets toward self-sustainability?
- * Is there a local business that might see the benefit of a relationship with the society?

Feedback to this note is welcome. Please send comments to info@concretehouse.ca. If enough interest is displayed, perhaps a meeting can be set up to discuss the future of Charles Macdonald's legacy.



Centreville 50-Plus Club

by Darrell Spurr

After our summer break, Centreville 50-Plus resumed on September 4th. Our members and guests enjoyed a BBQ on September 25th. In April of this year, we honored our nine founding members with special awards, and we honoured eight members with 10-year awards in November.

We meet every Wednesday afternoon, from 1:30 to 4:00. Games played include bridge, cribbage, 45s, and a very interesting Aggravation game! Other games are also available. We will be having our annual Christmas dinner for members and guests on December 11th; gifts and treats will be provided for all present. We will be taking a break over the Christmas season: the last day will be December 11th, and we will restart on January 8, 2020.

Seniors from Centreville and surrounding areas are welcome to join us. Drop in with new games and ideas!



Our 10-year members (L-R): June Frail, Sandra Bishop, Minnie Sheffield, Marion Seamone, Joan Williamson, Norma Millett, Don Welton, and President Darrell Spurr. Missing from photo: Marge Welton

We do not stop playing because we grow old. We grow old because we stop playing.

Benjamin Franklin

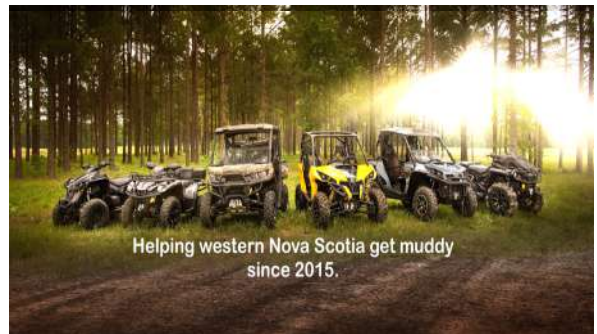


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Mahindra

The Rosary

by David Ward

June is a great month for a tour of the First and Second World War battle sites in France with the tour arranged and led by Gren Jones. My father was wounded near Amiens during the First War, and I've always wanted to visit that area where he lost a knee cap due to a mortar fragment. We also visited Ypres, Vimy Ridge, and Passendale; I've managed to forget the number of gravestones in the many cemeteries seen in our travels.



Normandy was another highlight, with three days in that area during the 75th Anniversary of D-Day. Time was spent at Juneau Center, and it was there that I experienced the admiration that citizens there of my age have for us Canadians. I had picked up a booklet - *Juno, the Canadian Attack* - and, while making my way to the cashier's desk, stopped to let an elderly

lady in a wheelchair pass by. She stopped and, seeing a Canadian flag pin in my cap, put out her hand and said, in French, "Thanks for the liberation."

One ceremony we attended was a service in the Canadian War Cemetery for those killed in the D-Day invasion. A pipe band, the Seaforth Highlanders Pipe Band of Holland, performed.

My father, a sniper during the war, never talked much about his exploits—with one exception. His company, from New Brunswick, had cleared the enemy out of a church-like building and were checking the building to determine that it was empty. Dad was going down a long hallway, looking into rooms as he went. He was about to leave the building when he remembered seeing a set of prayer beads lying on red velvet on a table in one room. He went back to take the rosary just as the end of the building was blown up.



And so I had a father, with thanks to the rosary that saved his life.

I still have it and took it out on Remembrance Day.



Annual Christmas Tree Lighting

Anne-Marie Waterbury

The 13th Annual Christmas Tree Lighting, hosted by the Centreville District Community Development Association (CDCDA), was held Monday, December 2nd. Despite the cold, damp weather, about 55 people—many of them very small — joined friends and neighbours for carol singing, treats, and socializing. Thanks to Ken Morse for, once again, donating a beautiful tree, and to Santa's elves, who decorated it. Thanks, too, to Scott Henshaw, who delighted many with his horse and wagon rides.

This year the tree was lit by a couple from afar. Lyudmila and Rishat Khalilov, who live in Russia, are visiting their daughter and son-in-law, Polina and Aaron Dondale, of Centreville. We welcome them to our community and wish them a happy holiday season with family.



Lyudmila and Rishat were happy to share the tree-lighting task with their grandchildren Zak (8), Leah (6), and Sofie (3) Dondale. (A.M. Waterbury photo.)

Valley Massage Therapy Clinic

by Gail Salmon

Danielle de Graff is the owner of Valley Massage Therapy Clinic (VMTC) in Kentville, a business that has been around for twenty years. She took ownership of VMTC in 2016. Their highly trained therapists, three therapy rooms, and twelve-hour days enable them to help with pain, stress, and illnesses while providing patients with a quiet and relaxed atmosphere.

Danielle has been working as a massage therapist for seventeen years. She is a local woman who went to Central Kings and Kings-Edgehill High Schools. After graduating, she attended Bishops University and earned a degree in biology. She went to ICT (Information and Communication Technology) Northumberland College and belongs to the Massage Therapists of Nova Scotia (MTNS). Danielle says that it is important to be registered to maintain the integrity of the massage therapy profession and the standards for massage therapists. There is a bill waiting to be passed that will require all practicing massage therapists to have specific training and education.

Danielle has had more than 2,200 hours of training and gained experience working with the Workers' Compensation Board, Kingsport Osteopathic Clinic, Julie Skaling Physiotherapy, and Kings Physiotherapy Clinic Ltd. This allowed her to work more hours in her private home business, Blue Horizon Massage. She joined the Valley Massage Therapy team in 2009.

The people at Valley Massage Therapy understand the importance of community and volunteer their skills. They set up a tent to help participants at the Valley Harvest Run and the Acadia Alumni Golf Tournament. They helped participants at the Scramble for Cancer at Ken-Wo and the Coldest Night of the Year Walk with their injuries and ailments.

The Valley Massage Therapy Clinic employs trained specialists who have different areas of expertise. You



can visit their website for a complete list of the illnesses and symptoms treated, treatments, and some of the therapists on staff.

Danielle says that, in the next few years, the concepts of massage therapy will change to incorporate a biopsychosocial module, which means that therapists will look at the biological characteristics (genes), the behavioural factors (lifestyle, stress, health beliefs), and the social conditions (cultural influences, family relationships, social support) that might be causing the problems.

The VMTC is located on the lower level of Kentville Town Square, 10 Webster St. Suite B6, Kentville, N.S. B4N 1H7 (902) 679-0999

Hours: Monday-Thursday	8 a.m. – 8 p.m.
Friday	9 a.m. - 4 p.m.
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Kings County
Regional Emergency Management Organization (REMO)
www.kingsremo.ca

On November 19, 2019, the Centreville District Community Development Association (CDCDA) hosted a public meeting presented by Dan Stovel, Regional Coordinator of the Kings County REMO. This region is comprised of the towns of Berwick, Kentville, and Wolfville, and the Municipality of Kings. A dozen community members attended this very interesting and well-delivered information session.

Two pages in this issue of the newsletter have been devoted to the REMO. One page provides information about their website, where you can find a wealth of information regarding emergency preparedness and available resources. The other page provides information about the Vulnerable Persons Registry (VPR), used to inform first responders about individuals' special needs in the event of necessary evacuation, such as a house fire. Anyone with mobility issues or special needs is urged to register.

The purpose of this article is to highlight the Centreville Community Hall's role in the regional plan while memories of Hurricane Dorian are still fresh in our minds.

Keep in mind there are several types of emergencies: weather, fire, flood, evacuation... Luckily, loss of any or all of power, water, and heat are the worst most of us have experienced. Despite this, two different emergency kits are recommended: one to tide you over for 72 hours if you are still in your home, and one to 'grab and go' in the case of a house fire or forced evacuation. Recommended contents for both are on the REMO website.

Centreville Community Hall's Role as a Comfort Centre*

Depending on resources available, Comfort Centres may provide different services. All Comfort Centres are intended to provide a place to:

- get warm
- re-charge devices
- use washroom
- get a warm drink
- check on each other and share information
- get updates on weather and power resumption

Note: A Comfort Centre **is not** an overnight shelter.

Comfort Centre Services:

- the capacity to accommodate up to 50 people
- accessible washrooms
- potable water
- basic kitchen amenities for the storage and/or heating of food and beverages
- heating for the primary accommodations area/place of assembly
- kitchen and washrooms
- refrigeration for the storage of food and/or medical supplies
- wheelchair access to the building
- tables and chairs

Comfort Centres are primarily for residents who are able to remain in their own homes but either (a) lack basic services such as power, water, and heat or (b) have special needs. The centres are open for specific hours during the day to provide basic needs, including access to information and peer or professional support (e.g., emotional support, referral to government services).

* The above was taken from the website www.kingsremo.ca

The Centreville Hall's open hours will be posted on the hall sign and the EMO website, and announced on the radio. Talks are underway with local radio stations to arrange specific and consistent times for these announcements to be made, e.g., 5 minute before the hour, so you won't waste your batteries listening for the announcements.

Anne-Marie Waterbury



Kings County, NS Regional Emergency Management Organization (Kings REMO) NEW WEBSITE

Kings REMO is excited to announce the launch of a
new website: www.kingsremo.ca

The Kings REMO website will offer practical information to residents and solve the question posed by many residents, “where do I find emergency preparedness information?”



Know the risks



Make a plan



Get a kit

We must be prepared to be self-sufficient for at least 3 days
(72 hours), in the event of an emergency.



IS YOUR FAMILY
PREPARED?

Kings County Regional Emergency Management Coordinator
REMO_KingsCounty@countyofkings.ca / 902-670-1514



Kings County, NS Implements a Vulnerable Persons Registry (VPR)

The Kings County Vulnerable Persons Registry (VPR) is a free, voluntary and confidential service aimed at improving the safety of residents living at home who would be at greater risk during emergencies.



Who should register for the Kings REMO VPR? Any Kings County resident without 24-hour support, who experiences severe difficulty with any of the following:

- Mobility
- Vision
- Hearing
- Developmental
- Cognitive
- Mental health

Or

- Any Kings County resident living at home who requires electricity for life-sustaining equipment such as life support, oxygen, dialysis, etc.

Registration:



Visit the Kings REMO Website: www.kingsremo.ca/vpr

- Register online or download registration form for mailing



VPR Registration forms will be available at all Municipal Offices across Kings County

You will still need to call 911 in an emergency, and you are responsible for having an emergency plan in place in order to be prepared to remain safe for at least 3 days (72 hours).



Kings County Vulnerable Persons Registry (VPR) Coordinator
REMO_KingsCounty@countyofkings.ca / 902-670-1514

Update from the Marsh

by Gren Jones, Senior Director
Ducks Unlimited Canada

Climate Change or Climate Crisis??

As most Canadians prepare for our least favourite season, also known as winter, many people are talking about the crazy weather we see from all over the world. Venice is sinking, California and Western Australia are burning, bird counts have fallen off the map, and even diseases that were once considered to have disappeared are coming back. In Nova Scotia, we have reason to be concerned about sea-level rise and, close by, research has stated that the seafloor of the Bay of Fundy has 1.8 million pieces of trash, 50% of which is plastic.

Mother Nature is angry! Storms that were once called 100-year storms are now occurring at an alarming rate. Hurricanes Dorian, Arthur, and Juan were considered to be little more than tropical storms! How many of us had to endure CBC radio suggesting that we go online to check for weather updates while the power was out?

At the Ducks Unlimited Canada (DUC) Board of Directors' recent meetings in Edmonton, we were shown a graph on bird counts. 1970 is referred to as the 50-year benchmark, and we're in trouble. Whether you feed the birds during the winter or watch them as you stroll along the paths of Miner's Marsh, one thing is very evident: North American birds are disappearing at an alarming rate. Thankfully, the little marsh in the heart of Kentville is a refuge for 160 species of birds and almost appears to be bucking the trend. Bird counts across the continent indicate that, in the last 50 years, they are in great decline. *Three billion birds* have been lost! However, at the same time, *waterfowl populations have increased!*

How is it that one group continues to grow in numbers while the other decreases? Studies point to several causes. Loss of habitat in the United States, especially in the grasslands, and encroachment due to economic development are certainly major factors. American agricultural lands are being sold off for development. Pesticides, whether used on croplands or by homeowners, add to the impact. Changes in weather patterns, as well as feral and domestic cats that are allowed to roam, are also killers.

In October, two Berwick School Grade 4/5 classes learning environmental science as part of the NS curriculum went on a field trip to Miner's Marsh. The students enjoyed the activities on a beautiful fall day. Hands-on science is something they will never forget! (Gren Jones photo)



Wetland habitat continues to be restored, protected, and enhanced. Millions of dollars have been invested in local economies with the work being carried out across Canada. As an example of conservation work in the Tantramar Marshes, DUC is now managing 10,000 acres of wetlands on the Isthmus of Chignecto between Amherst, Nova Scotia, and Sackville, New Brunswick. In Nova Scotia, there are 416 individual projects, many of which are located on private or agricultural land. Wetlands conserved and restored total 46,444 acres, while uplands influenced by these wetlands total 963,000 acres. While these figures are only about the work being done in Nova Scotia, it should be remembered that habitat is important for all wildlife and humans. The economic benefits are considerable: According to a recent study, for every \$1 invested in DUC conservation, restoration, and wetland management efforts, society receives \$22 worth of economic, ecological, and societal well-being benefits. That means that the total economic value to our society is \$5.2B annually! (Source: *DUC 2019 Annual Report*)

con't next page

Update from the Marsh - con't

In closing, I encourage you to add the new, My DUC app to your smartphone. This is a new initiative that can help you to support DUC and learn more about the conservation of wetlands.

DUC Mission statement: "We envision a world with abundant wetlands and waterfowl - today, tomorrow and forever. Our mission is to conserve, restore and manage wetlands and associated habitats for North America's waterfowl. These habitats benefit other wildlife, people and our environment."

I began my volunteer service in 1983 and became a Senior volunteer in 2009. Would you like to join the flock of volunteers? If you wish to donate to the education program or to the conservation mission or make a legacy gift of land, contact me at gc_jones@yahoo.ca.

Need more information? Visit www.ducks.ca



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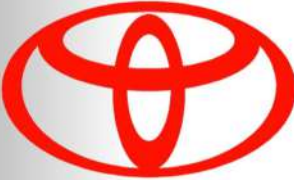
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Story from *The Family Farm*

by Mack Frail

The Christmas season is here again. Although I have lived to enjoy many Christmases, it is always a special time for me. I have experienced a lot of changes over the years, and the way that Christmas is presently celebrated is one of those changes. The first Christmases that I remember were celebrated in our farmhouse on Highway 359 in Centreville, where I was born and grew up. I lived there for over seventy years, where, for the last fifty years, I operated Frail's Valley Nursery and Garden Centre. Pineo's Pet Spaw was our garden centre, and the Frail farmhouse is the next house.

Christmas was a wonderful time for us as children. They were difficult years before and during the Second World War. We didn't have a lot of material things in those days, but it was made up for with close family ties and a love that was extended to include those in the community. We helped each other. At an early age, I helped out on our family farm, and I helped neighbours without receiving pay. I also looked for work to earn spending money. I saved the pennies, nickels, dimes, and quarters that I was paid. Helping the elderly in the community was one of the jobs that I had. I was paid a very small amount for the help that I provided and was grateful for the small amount that I received.

One of the widowed ladies that I helped was elderly and needed help. She paid me one-and-a-half cents for each armload of firewood that I carried from her woodshed to her woodbox. When the woodbox near her kitchen stove was filled after five armloads, she would carry the half-cent over to the next time I helped her. It was probably not her intention, but it served as a lesson for me in several ways, that include fairness, honesty, and as help with my arithmetic. At the time, I was saving pennies and thought it the normal practice. Considering that now pennies are of no monetary value, I get a chuckle when I compare the way that it was back then.

Some of the money that we earned was used to buy Christmas presents for family members. The trips to



Kentville on the train for Christmas shopping are vivid in my memories. The gifts that we exchanged and appreciated were very simple, compared with today's expected gifts.

Going to the forest for a Christmas tree was a part of the joys of Christmas. We would go with family members or friends, and we had great times looking for the perfect

Christmas tree. The Christmas trees that we cut and carried home from our woodlot were far from being perfect. Our pleasant trip to the forest and choosing the best among many trees—that, to us, was the perfect Christmas tree. I still prefer a Christmas tree when I can look through the branches and see the decorations on the other side.

The Christmas tree was usually put up and decorated the day before Christmas. Except for the lights on the tree, most of the decorations were made by hand. I traced on cardboard and cut out many stars that were covered with tinfoil saved from tea packages. Stringers were cut from crêpe paper that we twisted into shape. We strung popcorn and made use of types of wild berries for decorations. My mother purchased bubble lights when they were first on the market, and we were in awe of them. They were a fascination to me, and I have one to remind me of those wonderful Christmases, many years ago. It was our parents who made Christmas so very special to us. It was a time for family, when my older siblings who lived away came home for Christmas. My mother did extra baking for the Christmas celebrations, and she allowed her children to assist her in some small way. Helping and the feeling of being a part of the Christmas arrangements added to the enjoyment. My father was busy behind the scenes, working in his workshop, making items for family Christmas gifts. The work was done in secret, so we would believe that the items he made were from Santa Claus. I was beginning to have doubts about Santa when, on

con't next page

Story from the Family Farm-con't

Christmas morning, the paint on my new sled was a bit sticky to the touch, realizing that my dad's schedule to complete his work had pressured him to do a rush paint job. Some of the items that he made for his children and grandchildren that were much appreciated were a dollhouse, rocking horse, doll crib, sleds, and a bow with arrows.

During the World War Two years, many fathers and family members were overseas. Neighbours, friends, and family helped each other during these difficult times. During the war years, most large families living in rural communities had a struggle to provide for their families. By today's standards, many Centreville families back then would be considered to be at the poverty level. I have often said that we were poor, but I didn't know it. I never had the feeling that I was being deprived. Looking back to those days and comparing them to what most people have today, I realize that we had a lot less in material items back then. We celebrated Christmas during a period when most of the public had a different outlook and attitude about life than they do today. A lot has been lost over the years concerning the meaning and the spirit of Christmas. Sheila and I continue to remember and to celebrate Christmas as the birth of Christ. I think of the people years ago that I celebrated Christmas with, friends and family that have mostly all passed away. It is now my opportunity to celebrate Christmas as a husband, dad, grandfather, foster dad, brother, uncle, and a friend to many during this cheerful, festive season. *Merry Christmas.*





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News from the Legislature

John Lohr, MLA Kings North

The fall sitting of the legislature was largely dominated by environment and health care issues. To say that the debate has been heated would be an understatement. On one hand, several government members have stated that health care is really very good, with many good things happening: the real problem is opposition negativity. The list of those needing a family doctor is down and all is well! Here is a link to that debate in Hansard:

<https://nslegislature.ca/sites/default/files/pdfs/proceedings/hansard/63-2/h45oct30.pdf>

On the other hand, members of both opposition parties have described incident after incident and closure after closure, in what can only be described as a health care system in disarray. More than 50,000 are on the doctor waitlist, with thousands more needing a family doctor but too discouraged to make the effort to get on the list. That's unfortunate. If you don't have a family doctor, please get on that list.

Need a Family Doctor? Sign up here

Toll-Free: 1-866-770-7763

Email: wearelistening@nshealth.ca

While it is clear that many do receive great health care service, and we do have exceptional health care staff, Nova Scotia is clearly in a health care crisis. Western Nova Scotia has some of the highest numbers of people on the family doctor waitlist. As a result, our emergency rooms are frequently overwhelmed with patients. A crisis is a crisis if it's you or your loved one not getting help. It's time we call it that.

The other main theme of the legislative session was climate change. The session started with students striking for climate change on September 27th. That first day of the session, the government tabled the Plastic Bag Reduction Act. The session ended with the last bill passed being the Sustainable Goals and Prosperity Act.

While we voted for these bills, there were serious concerns about both. The Plastic Bag Reduction Act could have been more accurately named the Checkout Bag Reduction Act, as this was, in fact, the only type of bag legislated. Expect to use your last plastic checkout bag sometime next year. While everyone agrees we have to reduce our plastic use

and waste creation, the question of what the environmental impacts of the substitutes are arises. We were told that a paper bag had to be reused at least four times to have a lower environmental impact than the current plastic checkout bag. If we replace the plastic checkout bag with any other disposable bag, the environment loses. Even the reusable bags have to be reused many times to positively impact the environment.

The other fact is, many checkout bags do get reused. Consumers in other areas that have banned plastic checkout bags, such as the United Kingdom, have simply purchased plastic bags to replace the checkout bags for all those other uses. The purchased bags are, typically, of better quality (i.e., thicker plastic) than the checkout bag, and the net effect is more plastic being used. Certainly not the intent of the bill.

The Sustainable Goals Prosperity Act was the long-awaited update to the Environmental Goals and Sustainable Prosperity Act (EGSPA). Why the term "environmental" was dropped was never explained. The EGSPA replacement lacked many of the goals of the original act. For example, the new act has no local food production goals. The government's answer to this lack of goals was that they would be put in "regulations". To not have a comprehensive set of goals in the act was disappointing and, in our opinion, seriously weakened the act. That said, the CO₂ reduction targets in the bill have Nova Scotia leading the nation, and we did support the bill. Kudos to Kings North MLA Mark Parent: he brought in the original EGSPA, which was considered a ground-breaking environmental act in Canada.

I wish to take this opportunity to say thanks for the opportunity to serve as your elected representative and, also, to wish a Merry Christmas to all.

Merry Christmas



News from the Municipality



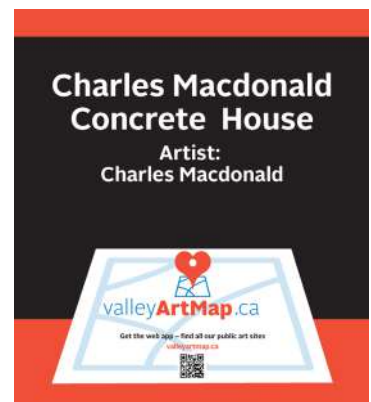
It's just around the corner. 2020. What might it hold for us? Here are highlights of three opportunities that could be knocking for you or someone you know. Pass the word! Let's start at the heart of Centreville.

The Charles Macdonald Society runs your very own home-grown museum. It needs help. The dwindling size of its volunteer board is making it difficult for the society to keep up appearances. Have you noticed the deterioration of the beautiful concrete wall that was once a pretty grand entrance to the property? History buffs know that this was the home of Charlie (1874-1967) and Mabel (1898-1981), and treasure it for its value to the labour and socialist (communist) history of the Valley. If you have time and an interest in helping your museum thrive, you could become a much-needed new board member. Take a look at concretehouse.ca for more information.

Office to Advance Women Apprentices had a successful start in Newfoundland. Now it is here in the Valley, providing information and tangible supports for women looking for a rewarding, hands-on career in the construction trades.

Young women graduating from high school or women looking for a career change seldom choose a career in the trades, where there's a high demand for workers and good-paying jobs with benefits. In fact, only four percent of skilled tradespeople are women. Daphne Goodine has been hired to move this percentage upward. Are you happier with a hammer or spanner in your hand than with pursuing a more traditional career? Call 902.994.1214 to learn more.

valleyartmap.ca is a new way to find and learn more about public art in Kings County. Your municipality, with help from its friends in the towns, is pinpointing 18 sites you can visit while out-and-about during the holiday season. If you have a smartphone or data-enabled tablet, you are all set for adventure. Once you arrive with your device in hand, you can view the art through the lens of the artist or with the help of a knowledgeable enthusiast. Via a short audio production, you'll learn what inspired the work, how it was produced, and more. This is a soft launch of the website, so let me know if there are any bugs you'd like fixed. Centreville residents can begin with the Macdonald Concrete House mentioned above. Look for signs like this as you move about in Kings County.



As the year comes quickly to its close, I want to personally thank everyone who goes the extra mile to make Centreville a great place to live. It takes a constant effort to keep things like the park, hall, church, Inn From the Cold, and Big Breakfast running. Raising a glass in recognition of a volunteer you know during your celebrations would be a very good idea!

I wish you all a very Merry Christmas Season and a Happy and Prosperous New Year.

Centreville Park and Recreation Association

by George Graves, President

This was an exciting year, beginning with baseball. Many kids participated, from Tee Ball to Midget, with so many playing it was decided to add a fourth baseball field. We used part of the soccer field to install a new end field, and, in the spring, we will install a new backstop. We had help from the Kentville Foodland, which held weekly 50/50 draws for part of the summer to raise funds for the new baseball field.

We also installed 400 tires around the outside of the BMX trail and purchased a truckload of treated wood chips for the playground area.

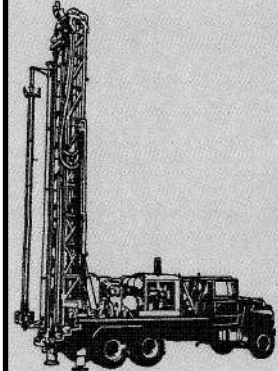
As of last week, the trail on Saxon Street, from the main road to Ozzie Ward's house, was completed, with gravel and sand base and crusher dust. It was rolled with the help of Hugh Whittie's Machinery and Valley Power Products gas roller.

We'd like to thank the Hall Association for the Charles MacDonald Estate monetary donation, as well as all those in the community who have donated to the park's efforts. Every penny helps!

As of December 1, 2019, the main gate on Sherman Belcher Road will be locked until April 1, 2020, due to the parking lot being dug up by vehicles. Don't forget to bring your dog's bag home, as the park's receptacles are closed until April as well.

Free snowshoes are available by phoning Helen MacDonald, at 902-678-7696.

See you all next May!



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Recipe from Blueberry Acres

by Margie Wood



Blueberry and Cranberry Crumb Muffins

2 c flour, plus 1 tbsp for the berries
2 tsp baking powder
½ tsp salt
½ c unsalted butter, softened
¾ c granulated sugar
1 egg
½ c milk
1 c cranberries
1 c blueberries

Crumb Topping:

¼ c granulated sugar
¼ c brown sugar
¼ c unsalted butter, softened
1/3 c flour
½ tsp cinnamon

Preheat oven to 400 F. Grease a muffin tin or line with muffin liners.

In a large bowl, sift 2 c flour, baking powder, and salt. Set aside.

In an electric mixer, with paddle attachment, cream butter on medium-high until light and fluffy. Gradually add sugar and continue to beat until well combined and fluffy. Reduce the mixer speed to medium and add egg; mix until just blended.

With the mixer on low, slowly add half the flour mixture; mix until just blended. Add the milk and mix until just blended. Slowly add remaining flour mixture, scraping down sides of the bowl with a spatula, as necessary, until just blended.

Toss the berries with the remaining 1 tbsp flour; gently fold into the batter.

Divide the batter evenly among prepared muffin cups. Set aside.

In a small bowl, combine the topping ingredients with a fork until it is crumbly. Sprinkle about a tbsp of topping on top of each muffin.

Bake for 20 to 25 minutes, until golden brown on top.

A Message from Centreville Baptist Church

Pastor Judy Saunders/Vicki Johnston

As we remember the birth of Christ and the significance of His prophetic names, it is also very empowering to realize the awesome power of His resurrection, as this gives us the assurance that life is worth living and, because of Jesus, we can face tomorrow.

For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. Of the increase of his government and peace there will be no end.

Isaiah 9:6-7 (NIV)

Our Sunday school class will be performing a small play on Sunday, December 15th, during our regular service. We welcome you to come and enjoy the service with us.

Please join us on Tuesday, December 24th, at 6:30 pm, for our Christmas Eve service.

Merry Christmas from all of us at Centreville Baptist Church. May you have a wonderful holiday season filled with love and friendship, and God bless you one and all!

Centreville Baptist Church 870 Murray Drive, Centreville

We are here to serve the community. Our excellent facilities may be available to you - simply contact the church.

902-678-1946 (office)
vicki@cbckc.ca



Community Groups

Good Neighbour Club

The Good Neighbour Club meets at the Centreville Hall at 7:00 pm on the **third Thursday of the month** (except June, July, August, and December). All Centreville women are welcome to attend and join the club.

'50-Plus' Club

The '50-Plus' Club meets at the Centreville Hall **every Wednesday**, 1:30 - 4:00 pm, except in July and August. New members are welcome.

Pins and Needles

Anyone is welcome to join us at the Community Hall on **Thursdays**. Bring along a craft you are currently working on and a paper bag lunch, and stay for the day. Tea and coffee are available. For further information call Ann Steadman at 902-678-4472.

Comfort Quilts

Quilters meet at the hall on the **first Tuesday of the month** to work on 'comfort quilts'. These are made from donated fabric and are sewn and tied, then given to organizations to provide comfort to those in need.

TOPS

TOPS meets at the Centreville Baptist Church, Murray Drive, on **Monday evenings**. Weigh-in is from 6:00 to 6:30 pm, followed by a short meeting. We are open to new members at the cost of **\$46.00 yearly**, which includes a magazine from headquarters with "Eating Sensibly" ideas and recipes. You can drop by for one free night. For more information contact Sheila Frail at 902-679-5274 or Madeline Sheffield at 902-678-7584.

Al-Anon

Are you affected by someone else's addictions? If so, Al-Anon is for you. Al-Anon is a support group for families and friends whose lives have been affected by someone else's drinking, drugs, etc. Our meetings are held **every Tuesday at 10:00 am** at the Baptist Church here in Centreville. For more information, please contact Sue at 902-681-6446.

Centreville Park & Recreation Association

The Centreville Park & Recreation Association meets the **third Wednesday of each month** at 7:30 pm at the Centreville Hall. Anyone interested in becoming involved or wishing to share ideas or concerns is welcome to attend. Community volunteers are those who make the park a success.

Centreville District Community Development Association (CDCDA) Board of Directors' Meetings

Where: Centreville Hall

When: **Fourth Wednesday** of the month

Time: 7:00 pm

Exceptions: *June, July, August and December by notification*

All meetings are open to the public — come out and support your community's development!

Cancer Support Group

For women with or recovering from any type of cancer. Meetings are held the **second Thursday of each month** at 1:00 pm at alternating locations.

Info:

Dorothy 902-538-3374 msalsman@xcountry.tv

Pat 902-678-9100 patmutch@hotmail.com

Margot 902-542-1466 margotwithat@hotmail.com

Battery Recycling in Centreville

Used batteries can be dropped off at the Centreville Community Hall on Thursdays, 9:00 am - 2:00 pm, as well as at the monthly Big Breakfast, except in July and August.

All batteries can be turned in **except** car batteries.

Centreville Hall Rental

Contact Betty Harper
902-678-0041

timharper@eastlink.ca